

Oven Beef Stew¹⁰

Number of Servings: 10 (273.28 g per serving)

Amount	Measure	Ingredient
21 1/2	oz	Beef, bottom round outside steak, raw, 0" trim
4.00	tsp	Flour, all purpose, white, bleached, enrich
1.00	Tbs	Oil, canola
1 2/3	cup	Onion, white, fresh, chpd
1 2/3	cup	Celery, fresh, diced
2 1/2	cup	Carrot, fresh, strips/slices, USDA
1 1/3	cup	Potatoes, peeled, ckd, diced
3/8	tsp	Salt, table, iodized
2.00	tsp	Herb, thyme, leaf, dried
4.00	cup	Juice, tomato vegetable, low sod
1 1/3	cup	Peas, green, fzn

Nutrients per serving

Nutrition Facts			
Serving Size (273g)			
Servings Per Container			
Amount Per Serving			
Calories 180		Calories from Fat 45	
		% Daily Value*	
Total Fat	5g		8%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	35mg		12%
Sodium	250mg		10%
Total Carbohydrate	18g		6%
Dietary Fiber	4g		16%
Sugars	8g		
Protein 16g			
Vitamin A 140%		Vitamin C 60%	
Calcium 4%		Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

Preheat oven to 350 degrees. Sprinkle the flour over the meat and toss to coat. Place over medium heat in large skillet or steam table pan. Add canola oil and cook until the meat begins to brown. Add vegetables, salt and other seasonings and stir. Add the vegetable juice and toss lightly to mix. Cover and bake for 3 hours or until the meat is tender.

1 serving = 1 cup = 1 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Cooking :

- Cook to an internal temperature of 165 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.